



**UNITED WAY FUNDED PROGRAMS**

**DIRECTORY 2016**



**United Way**  
Guelph Wellington  
Dufferin

# Change starts here.

Every day, programs and services funded by United Way Guelph Wellington Dufferin help our families, our friends, our neighbours.

These programs are for everyone in our community, from infants to seniors; from Aberfoyle to Mount Forest to Shelburne. They are programs many of us hope we'll never need to call on, but are thankful for when needs arise.

The generosity of thousands of donors and volunteers allows United Way to fund the essential programs outlined in this directory.

Thank-you all for your ongoing support. Together, we are making **change start here.**

A handwritten signature in black ink, appearing to read 'Ken Dardano', with a horizontal line extending from the end of the signature.

Ken Dardano, Executive Director  
United Way Guelph Wellington Dufferin

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# Funding - Priority Areas

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With research provided by United Way's Community Investment department and on-site program visits, the Fund Allocation Committee ensures that your donated dollars go where they are needed most. Funds are allocated to programs in the three focus areas outlined below.

## From Poverty to Possibility

- Housing Stability
- Food Security
- Employment and Financial Security

## All That Kids Can Be

- Engagement in Learning
- Connectedness and Community Involvement
- Emotional and Physical Wellbeing

## Strong Communities

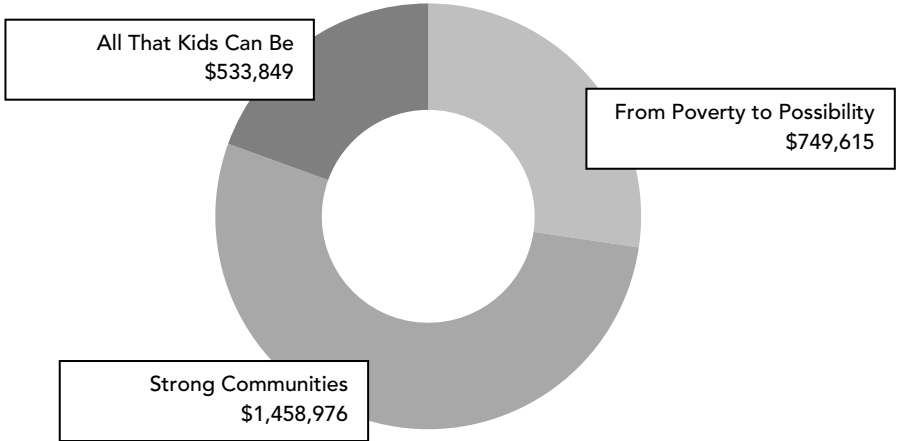
- Connection to Supports
- Neighbourhood and Community Engagement
- Personal Wellbeing and Safety

# United Way Program Funding Summary

(Funds distributed to programs April 1, 2016 to March 31, 2017)

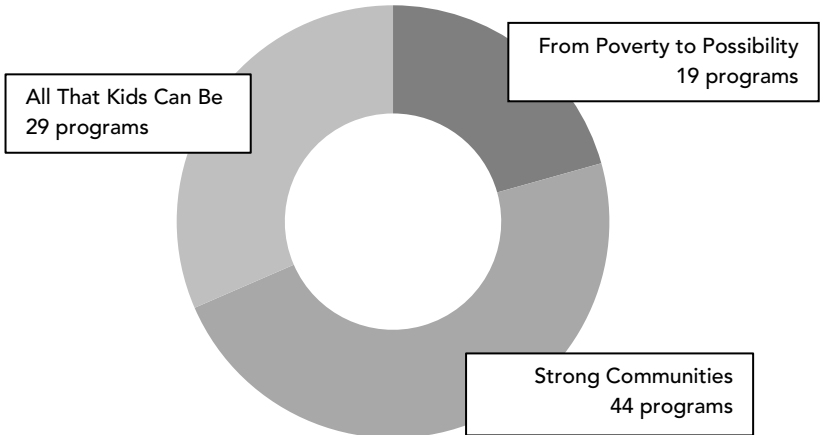
## Fund Allocation by Focus Area

By Dollars



## Fund Allocation by Focus Area

By Program





# Funded Programs by Agency

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## Action Read Community Literacy Centre

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2 Quebec Street, Suite 220  
Guelph, ON N1H 2T3  
www.actionread.com

Tel: (519) 836-2759  
Fax: (519) 836-7020  
action1@on.aibn.com

### Early Start Family Literacy

**Allocation: \$18,000**

The Early Start Family Literacy Program targets parents/caregivers and children ages 0 to 6, and includes hands-on activities that teach adults about how children learn and helps families discover learning opportunities in everyday routines. The program helps children develop early literacy and numeracy skills, get comfortable in social settings and make successful transitions into formal education.

### Educational Program for Disadvantaged Adults

**Allocation: \$45,140**

The Educational Supports for Disadvantaged Adults Program improves skills in the areas of reading, writing, numeracy, oral communication, working with others and computer use in individuals who experience a wide range of significant barriers and challenges to learning. This program helps build and develop the skills and competencies of individuals to achieve their personal goals for employment, further education, training and independence.

**Total Allocation: \$63,140**

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## Alzheimer Society Waterloo Wellington

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255 Woodlawn Rd. W., Unit 207  
Guelph, ON, N1H 8J1  
www.alzheimer.guelph.org

Tel: (519) 836-7672  
Fax: (519) 836-1041  
office@alzheimer.guelph.org

### Rural Outreach Services

**Allocation: \$10,000**

A diagnosis of Alzheimer's disease or another dementia can be an isolating diagnosis, leaving persons with dementia and their care partners without supports. The Rural Outreach Services Program was implemented to address this isolation, enhancing and broadening access to specialized services (such as group education meetings and individual counselling services) in the rural Wellington area. The program seeks to create more opportunities to empower persons living with dementia and their care partners to better define quality of life for themselves after diagnosis, to reduce stereotypes and to improve access to available resources.

**Total Allocation: \$10,000**

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## **ARCH: HIV/AIDS Resources and Community Health**

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89 Dawson Rd., Unit 115  
Guelph, ON, N1H 1B1  
www.aidsguelph.org

Tel: (519) 763-2255  
Fax: (519) 763-8125  
director@archguelph.ca

### **HIV/AIDS Prevention & Support Program**

**Allocation: \$25,000**

The program is designed to provide confidential counselling and practical support to individuals and families who are affected by or at risk of HIV/AIDS.

Compassionate support and accurate information to assist people affected by HIV/AIDS is provided to help in managing their health and making informed choices, improving quality of life and well being.

**Total Allocation: \$25,000**

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## **Autism Ontario – Wellington Chapter**

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84 Upton Cres.  
Guelph, ON, N1H 7A1  
www.autismontario.com

Tel: (519) 803-5437  
meksmum@hotmail.com

### **Summer Funding**

**Allocation: \$14,000**

This program provides subsidies for families to send their children to a summer program or to have a 1:1 worker for their child so they can take part in camp activities. It gives caretakers a much needed respite and allows children with autism to engage in socialization.

**Total Allocation: \$14,000**

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## **Big Brothers Big Sisters of Centre Wellington**

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195 St. David Street South, Second Floor  
Fergus, ON, N1M 2L3  
www.bigbrothersbigsisters.ca/centrewellington  
centrewellington@bigbrothersbigsisters.ca

Tel: (519) 787-0106  
Fax: (519) 787-1409

### **Match Program**

**Allocation: \$12,000**

This program provides friendship and guidance to children and youth 5-18 years of age who need support in their lives from a positive adult. Children who spend time with a mentor gain confidence, acquire new skills and interests and develop an enhanced capacity to care for others. Big/Little time together may be weekly or bi-weekly and involves a wide range of activities depending on their interests.

**Total Allocation: \$12,000**

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## **Big Brothers Big Sisters of Dufferin & District**

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32 First Street, Suite L1  
Orangeville, ON L9W 2E1

[www.bigbrothersbigsisters.ca/dufferin](http://www.bigbrothersbigsisters.ca/dufferin)

Tel: (519) 941-6431

Fax: (519) 942-8731

[nancy.stallmach@bigbrothersbigsisters.ca](mailto:nancy.stallmach@bigbrothersbigsisters.ca)

### **Match Program**

**Allocation: \$25,000**

In the Match Program children are matched with a Big Brother or Big Sister. The child benefits immensely from regular weekly meetings that build self-esteem and trust. Through this relationship of friendship and positive role modeling the mentor reduces the emotional distress of the child and guides the child to make more positive life choices. In many cases this relationship allows the child to navigate their way out of poverty and into a life with greater opportunities.

### **In-School Mentoring**

**Allocation: \$10,000**

The In-School Mentoring Program matches children with a caring adult mentor for one hour each week, right at their school. By spending one-on-one time, the program encourages friendships and builds self-esteem through activities such as crafts, games and sports.

**Total Allocation: \$35,000**

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## **Big Brothers Big Sisters of Guelph**

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155 Suffolk Street West, Unit 2G  
Guelph, ON, N1H 2J7  
[www.bbbsg.ca](http://www.bbbsg.ca)

Tel: (519) 824-5154

Fax: (519) 824-6156

[info@bigbrothersbigsisters.ca](mailto:info@bigbrothersbigsisters.ca)

### **Big Bunch Group Program**

**Allocation: \$24,722**

The Big Bunch Program provides services to boys and girls who are waiting to be matched with their own Big Brother or Big Sister. It also serves those children who would benefit from a positive male or female role model and peer interaction with other children.

### **Adult In-School Mentoring Program**

**Allocation: \$11,400**

The Adult In-School Mentoring Program provides children at local schools with a positive adult role model. Each child is matched 1-1 to a mentor with similar interests and a compatible personality. The match then participates in mutually enjoyable and interesting activities for one hour per week during school hours and on school property.

**Match Program****Allocation: \$69,312**

The Match Program provides children with a role model and a friend to talk to and share the experiences of growing up with. Through regular outings, a relationship is developed, built on trust and common interests.

**School-based Group Programs****Allocation: \$15,000**

Go Girls! is a group mentoring program for girls ages 12-14 that focuses on physical activity, balanced eating and self-esteem. The single, most important goal of the program is to positively shape the lives of young women and girls by helping them build a positive self-image - setting them on a path to reach their full potential in life. Game On! is a group mentoring program providing boys and young men with information and support to make informed choices about a range of healthy lifestyle practices. Through non-traditional physical activities, complemented with healthy eating support, participants are engaged in life skills, communication, and emotional health discussions designed to engage participants in the pursuit of life-long healthy lifestyles. The Play On! Program is a unique program, providing the same services as the Go Girls! Program, but is directed at girls in Grades 5 & 6.

**Total Allocation: \$120,434****Big Brothers Big Sisters of North Wellington**

110 Wellington St. E., P.O. Box 1311  
 Mount Forest, ON N0G 2L0  
[www.bbbsnorthwellington.org](http://www.bbbsnorthwellington.org)

Tel: (519) 323-4273  
 Fax: (519) 323-4359  
[marianne.christie@bigbrothersbigsisters.ca](mailto:marianne.christie@bigbrothersbigsisters.ca)

**Go Girls and Game On****Allocation: \$3,000**

The Go Girls and Game On are group programs that last seven weeks long for boys and girls in grades 7 & 8. The participants learn new life skills and activities in the area of physical activities, healthy eating and self-esteem.

**In-School Mentoring Program****Allocation: \$4,000**

The In-School Mentoring Program matches children with a caring adult mentor for one hour each week, right at their school. By spending one-on-one time the program encourages friendships and building self-esteem through activities.

**Match Program****Allocation: \$20,680**

The Match program is where a volunteer Big Brother, Big Sister or a Couple is matched to a child or youth. They get together once per week for two to four hours. While together, they explore the community, try new activities, and learn new skills. The Big and Little build a trusting friendship together that supports the healthy development of the Little, bringing out his/her full potential.

**Total Allocation: \$27,680**

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## **Breaststrokes**

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PO. Box 25116, 370 Stone Road West  
Guelph, ON, N1G 4T4  
www.breaststrokes.org

Tel: (519) 265-0571  
info@breaststrokes.org

### **Breaststrokes Dragon Boat Team**

**Allocation: \$3,850**

This team consists of energetic, motivated, forward thinking women who have all experienced breast cancer first-hand. They paddle to support each other and to stay strong. The Breaststrokes team works hard to promote awareness of health, life and laughter after breast cancer. They celebrate life through the pursuit of fitness and wellness, mutual support, community philanthropy, and competition in Dragon Boat Festival races. They believe any person with breast cancer who wishes to dragon boat paddle should have that opportunity, because together, they are all winners! The goal is to honour the memory of those who have died of breast cancer and spread a message of hope to all people living life after a breast cancer diagnosis.

**Total Allocation: \$3,850**

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## **Canadian Hearing Society**

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120 Ottawa St. N., Suite 200  
Kitchener, ON, N2H 3K5  
www.chs.ca

Tel: (519) 821-4242 OR (519) 744-6811  
Fax: (519) 821-8846  
vbaby@chs.ca

### **Hearing Care Counselling Program**

**Allocation: \$7,200**

Counsellors provide home visits, education, and demonstrations and recommendations of communication devices. The program helps seniors stay safely and independently at home, improve communication with family and friends and help them stay involved in activities.

### **Information Services & Community Development**

**Allocation: \$8,600**

The Information Services and Community Development Officer provides information to the public to raise awareness of issues related to hearing. This includes raising awareness of hearing loss prevention, accessibility (i.e. Accessibility for Ontarians with Disabilities Act) etc. This is a proactive program designed to prevent and aid in hearing loss. The program helps to breakdown barriers so people can participate in the community and be independent.

**Total Allocation: \$15,800**

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## **Canadian Mental Health Association: Waterloo Wellington Dufferin Branch**

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80 Waterloo Ave.  
Guelph, ON N1H 0A1  
www.cmhawwd.ca

Tel: (519) 821-8089  
Fax: (519) 821-5120  
fwagner@cmhawwd.ca

### **Mental Health Promotion & Education Services** **Allocation: \$28,180**

Mental Health Promotion and Education Services works to help decrease stigma and prejudice related to mental health and mental health issues. Training, workshops, and awareness activities that relate to understanding and responding to mental health struggles, helps to enhance personal development, skills, and knowledge.

### **Spark of Brilliance** **Allocation: \$27,210**

Spark of Brilliance is a community-based mental health initiative that promotes healing, recovery and discovery through the expressive arts. Workshops provide a creative outlet for people who would not normally have the funds to participate in artistic activities and are open to people living with mental health issues and/or addictions and their supportive allies, including family members, friends, mental health workers, etc.

### **Youth Talk** **Allocation: \$24,500**

Youth Talk is a program based on youth engagement principles where youth have the support of adult mentors to learn about mental health, suicide, coping strategies and resources and create activities to share this knowledge with their peers. With the support of adult mentors in the school and the Youth Talk facilitator, youth plan, create and implement activities that focus on self-care, resilience, promoting good mental health, and seeking help from trusted adults when needed.

**Total Allocation: \$79,890**

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## **Canadian National Institute for the Blind**

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180 King Street South, Suite 160  
Waterloo, ON, N2J 1P8  
www.cnib.ca

Tel: (519) 742-3536 OR 800-265-4127  
Fax: (519) 742-4003  
info@cnib.ca

### **Child & Youth Services** **Allocation: \$12,875**

CNIB offers customized individual visits in the home or community to help the child and their family to learn skills necessary to compensate for vision loss. This may include self-care, age-appropriate cooking skills, exploration of options to participate in sports and recreation, encouragement of literacy skills, and instruction

in use of technology. In addition to skill attainment, visits focus on helping families to understand that a full and rewarding life is still entirely possible for their child, and on helping them to set appropriately high expectations for their child.

**Library Services**

**Allocation: \$5,091**

The CNIB Library is Canada's largest library of accessible materials for people with print disabilities. Individuals who have difficulty reading print because of a visual, physical or learning disability can receive assistance from staff to find books and magazines in audio, e-text and braille, read daily newspapers, enjoy classic movies, and help children to discover a love of reading. Materials can be accessed online and/or delivered to the home.

**Vision Rehabilitation Services**

**Allocation: \$17,997**

Vision Rehabilitation Services consists of three core components:

- **Low Vision Services (LVS):** Assessments and instruction on how to maximize vision using magnifiers, lighting, contrasting colours and textures.
- **Independent Living Skills (ILS):** Training to help manage the essentials of daily living with an emphasis on maintaining independence. This program also teaches Braille as well as accessible computer technology.
- **Orientation & Mobility (O&M):** Teaches the client how to move safely around the home, community, workplace or school.

**Volunteer Services**

**Allocation: \$10,000**

The CNIB Volunteer Program supports all aspects of the organization, from leadership to peer support and administration. Volunteers facilitate peer support groups that help individuals with vision loss to share their concerns, challenges and successes. Service Support Volunteers work with clients to reinforce skills taught by service specialists. Vision Mate Volunteers (in a one to one long term match) provide sighted assistance to a person who is blind or partially sighted. Activities may include reading, computer assistance, shopping, recreation assistance, community access, going for walks and friendly visiting.

**Total Allocation: \$45,963**

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## Canadian Red Cross Society – Guelph/Wellington Branch

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257 Woodlawn Road West, Unit 101  
Guelph, ON, N1H 8J1  
www.redcross.ca

Tel: (519) 836-3523  
Fax: (519) 836-7353  
guelph@redcross.ca

### **Healthcare Equipment Loan Program (HELP)**

**Allocation: \$12,000**

The HELP program provides a lower cost alternative to purchasing assistive devices that are needed for a short time period, whether due to illness, injury or surgery. These devices include wheelchairs, walkers, crutches, bath chairs etc.

### **Respect Education**

**Allocation: \$8,000**

Respect Education is a prevention education program divided into four content areas - Implementing Violence Prevention, Preventing Violence Against Children and Youth, Promoting Healthy Relationships, and Preventing Bullying and Harassment. Programming is available for children, youth and adults, and First Nation communities. Various delivery formats such as face to face, online and a blended model, as well as partnership delivery are available. Red Cross works in partnership with Upper Grand District School Board where Child/Youth Counsellors are trained and certified to deliver Respect Education programs to students.

**Total Allocation: \$20,000**

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## Centre Wellington Food Bank

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105 Queen Street W., Unit 12  
Fergus, ON, N1M 1S6  
www.centrewellingtonfoodbank.org

Tel: (519) 787-1401  
Fax: (519) 787-2391  
cwfoodbank@wightman.ca

### **Healthy Fresh Food Program**

**Allocation: \$12,000**

This program enables the Food Bank to:

- provide free groceries and other basic supplies (one week's supply, once a month) to individuals and families who use the service
- purchase additional groceries such as meat and dairy products (one week's supply, once a month) to individuals and families who use the service

**Total Allocation: \$12,000**



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## **Chalmers Community Services Centre**

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40 Baker Street  
Guelph, ON N1H 4G1  
www.chalmerscentre.ca

Tel: (519) 822-8778  
community@chalmerscentre.ca

### **Food Pantry**

**Allocation: \$30,000**

Chalmers Community Services Centre is a not for profit organization that provides emergency food, clothing and support to the members of our community. There is no means testing at Chalmers, which means community members can access food every other week, if needed, without having to provide proof of eligibility of income. A wide variety of people are served – youth, seniors, families, children, couples, students, low income employed, marginally housed, those struggling with mental illness and addictions, and people living with disabilities. In addition to that long list, more immigrant and refugee families are now being served at the West location than ever before.

**Total Allocation: \$30,000**

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## **Child Witness Centre**

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111 Duke Street East  
Kitchener, ON, N2H 1A4  
www.childwitness.com

Tel: (519) 744-0904  
Fax: (519) 744-5379  
admin@childwitness.com

### **Child Witness Program**

**Allocation: \$6,000**

The Child Witness Centre provides support through the court process for children, youth and their families who are victims or witnesses of crime. They are provided with information about their case and the judicial system, accompanied to court and supported through the process. It is found that with this support, children and youth are less anxious and fearful, giving them a better chance at being able to move on and live normal and healthy lives as adults.

**Total Allocation: \$6,000**

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## **Community of Hearts**

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55 Wyndham Street North  
Guelph, ON, N1H 7T8  
www.communityofhearts.ca

Tel: (519) 826-9056  
communityofhearts@gmail.com

### **Lifelong Learning Centre**

**Allocation: \$10,000**

Lifelong Learning Centre day program provides post-secondary education and life skills training to adults with developmental disabilities. Adult-centred instruction

and guidance in language and communications, functional math, fitness, cooking and grocery shopping, media arts and creative expressions is provided. Participants are helped to become integrated in the wider community, stemming from the belief that the community at large benefits by learning to be more accepting of people with special needs.

**Total Allocation: \$10,000**

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## **Community Resource Centre of North & Centre Wellington**

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P.O. Box 442  
Fergus, ON, N1M 3E2  
www.communityresourcecentre.org

Tel: (519) 843-7000 OR (866) 840-3249  
Fax: (519) 843-7597  
info@communityresourcecentre.org

### **Outreach and Support Program, Information & Referral Service**

**Allocation: \$103,809**

This program offers community based information, resources, and supports to low-income individuals in Centre Wellington, Wellington North, Minto, and Mapleton Townships. The focus is supporting those most at need in the community while promoting self-sufficiency and community involvement. Program activities include income tax completion, Christmas hamper distribution, recreation programs for youth, and the distribution of school back-packs to students.

**Total Allocation: \$103,809**

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## **Dufferin Child and Family Services**

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655 Riddell Road  
Orangeville, ON L9W 4Z5  
www.dcafs.on.ca

Tel: (519) 941-1530  
Fax: (519) 941-1525  
jennifer.moore@dcafs.on.ca

### **LGBT Social & Support Group**

**Allocation: \$7,000**

The group hosts a weekly drop-in night for LGBTQ youth, between the ages of 14-21 years. A safe, positive space is provided, where youth can express themselves, discuss topics of interest, enjoy social activities, and develop leadership and advocacy skills. They work to help young LGBTQ youth to support each other in an anti-oppressive, non-judgemental atmosphere where they can be OUT with each other and support one another as they grow into adulthood.

**Total Allocation: \$7,000**

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## Dufferin Parent Support Network

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655 Riddell Road  
Orangeville, ON L9W 4Z5  
www.dpsn.ca

Tel: (519) 940-8678  
Fax: (519) 941-1525  
info@dpsn.ca

### **Group Parenting Education**

**Allocation: \$17,000**

Dufferin County has a high proportion of parents who work in other regions and lack local family supports. Parental supports promote mental health and effective parenting. Through a series of free parenting workshops, the Group Parenting Education Program promotes the development of children into well-rounded, productive adults by supporting and educating parents and providing opportunities to form positive community connections. Workshop topics are determined by community needs and program requests. Topics include communication, discipline, anger management, single parenting, advocacy and managing emotions.

**Total Allocation: \$17,000**

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## Dunara Homes for Recovery Inc.

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329 Gordon St.  
Guelph, ON N1G 1X7  
www.dunara.com

Tel: (519) 836-2332  
ybowes@dunara.com

### **Wellington Guelph Hoarding Response**

**Allocation: \$15,000**

Hoarding is a mental health condition that affects between 2 and 6% of people. Like other mental health problems, it can affect anyone, regardless of education, income, or other factors. Hoarding behaviours can cause significant health and safety risks in the home, including fire hazards, pest infestations, structural damage, tripping hazards, and more. The WGHR promotes using a harm reduction approach to hoarding, focusing on the health, safety and comfort of the person struggling with hoarding. Through continued education and capacity building, the WGHR assists services in using the harm reduction approach effectively. Through a collaborative approach, agencies are better able to support individuals with hoarding to live safely and comfortably in their homes.

**Total Allocation: \$15,000**

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## East Wellington Community Services

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45 Main Street, P.O. Box 786  
Erin, ON, N0B 1T0  
www.eastwellingtoncommunityservices.com

Tel: (519) 833-9696  
Fax: (519) 833-7563  
info@ew-cs.com

### **Food Bank**

**Allocation: \$22,500**

EWCS operates two foodbanks, one in Guelph/Eramosa Township and the other in the Town of Erin. The foodbanks provide short-term food support to families and individuals who are financially unable to meet their basic food requirements. This helps to improve the daily lives of families by providing a balanced level of nutrition and will help contribute to their overall health and well-being.

### **Client Services**

**Allocation: \$45,727**

The client services program is the local resource to provide information and supports to clients over the phone, through email or in person about health and accessible services and programs provided by East Wellington Community Services, other agencies and the broader public sector. All local information provided is collected and maintained by EWCS to be accurate and current. This program is not only a local resource for clients but provides the community with an information and referral service that links residents to local supportive community services and community-based program delivery offered either by the agency or onsite with partners who rent space to provide service locally. It also links community residents to outside services and agencies such as soccer sign-ups and doctors.

### **Community Outreach**

**Allocation: \$35,000**

The Community Outreach program addresses the need to have a comprehensive outreach program for families and individuals within the rural areas, towns and hamlets of East Wellington to connect them with appropriate programs and services as needed, or to advocate on their behalf where required and appropriate to do so.

### **Volunteer Development**

**Allocation: \$19,500**

The Volunteer Development program builds EWCS' capacity to manage volunteers effectively and appropriately. This includes development of successful practices around recruitment, screening, training and volunteer recognition, in addition to leadership training to ensure the volunteer manager is equipped with up-to-date knowledge of best practices.

**Total Allocation: \$122,727**

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## **Family & Children's Services of Guelph & Wellington County**

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275 Eramosa Road, Box 1088  
Guelph, ON, N1H 6N3  
www.fcsgw.org

Tel: (519) 824-2410 OR (800)-265-8300  
Fax: (519) 763-9268  
info@fcsgw.org

### **Nurturing Neighbourhood Initiative**

**Allocation: \$50,000**

The Nurturing Neighbourhoods Initiative is an active partnership between the Guelph Neighbourhood Support Coalition, Public Health, the Guelph Community Health Centre, Guelph Police, Community Mental Health Association, the City of Guelph and both school boards. These partners are engaged with Neighbourhood Groups in discussions about how to have a more efficient and effective impact in the most vulnerable neighbourhoods in Guelph. The current NN project is the development of the Community Hubs project in Brant Avenue Neighbourhood. This amazing collaboration is coordinated by a Social Innovation Animator who is turning the vision of the project into reality. The Social Innovation Animator has been able to coordinate activities so that agency and community leader resources are effectively used to achieve results. Steps towards the building of a Brant Community Hub are now underway.

**Total Allocation: \$50,000**

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## **Family Counselling & Support Services for Guelph Wellington**

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109 Surrey Street East  
Guelph, ON, N1H 3P7  
www.familyserviceguelph.on.ca

Tel: (519) 824-2431 OR (800) 307-7078  
Fax: (519) 824-3598  
info@familyserviceguelph.on.ca

### **Financial Health & Literacy Services**

**Allocation: \$65,000**

The Financial Health and Literacy Program provides one-on-one counselling to families and individuals burdened by financial stress/debt. Clients are provided with a non-judgemental and thorough financial assessment where options are generated to address their financial difficulty. Budget counselling and financial literacy education is also provided, with specialized financial literacy counselling programs available to vulnerable clients such as abused women.

### **Subsidized Counselling Program**

**Allocation: \$40,664**

Therapeutic counselling services are provided by social workers, marriage & family therapists, and graduate student interns who also provide education and linkage to community supports. Trauma specialists are accessible to support recovery.

**Walk-In Counselling Services****Allocation: \$60,978**

This unique program provides a walk-in counselling service to anyone in the community (individuals, families and couples) needing support for mental health care needs. This is a single session model which provides immediate support and treatment planning.

**Total Allocation: \$166,642**

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**Give Yourself Credit**

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275 Eramosa Road  
Guelph, ON, N1H 6N3

Tel: (519) 824-2410 x3310  
Fax: (519) 763-9628

**Give Yourself Credit****Allocation: \$29,120**

The Give Yourself Credit community education program was developed collaboratively by a number of organizations in Guelph and Wellington County. It offers an alternative educational programme for youth ages 16-21, who have experienced limited or halted success in the mainstream school system, to help them gain high school credits. These youth are either homeless or at risk of homelessness, have mental health and addiction issues or other personal circumstances that prevent them from attending high school, have experienced halted success in school, or the regular school system has not been successful in providing a program to meet their needs. Education is a key determinant of health.

**Total Allocation: \$29,120**

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**Guelph Community Health Centre**

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176 Wyndham St.  
Guelph, ON, N1H 8N9  
www.guelphchc.ca

Tel: (519) 821-6638  
dthornley@guelphchc.ca

**Garden Fresh Box****Allocation: \$18,000**

The Garden Fresh Box Program is a volunteer driven, non-profit produce buying program that provides community members with affordable fresh fruit and vegetables, with a goal to increase health and wellbeing of the program's clients.

**Total Allocation: \$18,000**

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## **Guelph & District Multicultural Festival Inc.**

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123 Woolwich Street, 2nd Floor  
Guelph, ON, N1H 3V1  
www.gdmf.ca

Tel: (519) 836-7482  
info@gdmf.ca

### **Volunteer & Community Engagement**

**Allocation: \$7,500**

Through the three day festival and throughout the year, the GDMF uses the services of over 150 volunteers. By planning and producing every aspect of the festival, volunteers are the driving force of this celebration of diversity and inclusivity.

### **One World Living Together Poster & Writing Projects**

**Allocation: \$7,500**

This program is about engaging youth and teachers and promoting multiculturalism in the community. The students participate in a writing competition and a poster project that reflects diversity. The program is important as it helps to increase awareness and understanding of cultural diversity.

**Total Allocation: \$15,000**

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## **Guelph & Wellington Task Force for Poverty Elimination**

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160 Chancellors Way  
Guelph, ON N1G 0E1  
www.gwpoverty.ca

Tel: (519) 822-2715  
Fax: 519-836-7215  
info@gwpoverty.ca

### **Poverty Elimination**

**Allocation: \$25,000**

The Guelph & Wellington Task Force for Poverty Elimination works collaboratively, informed by diverse voices of experience, to take local action and advocate for system and policy change to address the root causes of poverty. Their work focuses on four priority issues: (1) affordable housing & homelessness, (2) food insecurity, (3) income inequality, and (4) health inequities.

**Total Allocation: \$25,000**

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## **Guelph Enabling Garden**

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P.O. Box 15  
Guelph, ON, N1H 6J6  
www.enablinggarden.org

Tel: (519) 837-2807  
enablinginfo@sympatico.ca

### **Volunteer Co-ordinator**

**Allocation: \$13,000**

The Enabling Garden provides a free, living, interactive, accessible environment within a public space that fosters a sense of belonging for the community. The volunteer co-ordinator invites, recruits and engages community members of all abilities and ages to assist in maintaining the Garden and assist with providing inclusive horticultural therapy workshops and programs.

**Total Allocation: \$13,000**

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## **Guelph Independent Living**

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255 Woodlawn Road West, Suite 207  
Guelph, ON, N1H 8J1  
www.guelphindependentliving.org

Tel: (519) 836-1812  
Fax: (519) 836-7918  
info@guelphindependentliving.org

### **Community Inclusion**

**Allocation: \$10,735**

Guelph Independent Living Community Inclusion program allows clients with physical impairments the ability to attend events, providing assistance with personal support needs and expensive transportation costs.

**Total Allocation: \$10,735**

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## **Guelph Neighbourhood Support Coalition**

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10 Carden Street, Unit CW3  
Guelph, ON, N1H 3A2  
www.guelphneighbourhoods.org

Tel: (226) 979-1739  
brendan.johnson@guelphneighbourhoods.org

### **Neighbourhood Wellbeing & Resiliency**

**Allocation: \$60,000**

This program is city-wide in scope, and aims to create greater equity of access to services and supports, create leadership opportunities for community members, build collaboration and promote sharing ideas and resources, and build supports and resiliency within neighbourhoods.

**Total Allocation: \$60,000**



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## **Guelph Wellington Seniors Association**

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c/o Evergreen Seniors Centre, 683 Woolwich Street  
Guelph, ON, N1H 3Y8  
www.gwsa-guelph.ca

Tel: (519) 823-1291  
Fax: (519) 823-3447  
gwsainfo@gmail.com

### **Community Support Services**

**Allocation: \$142,000**

GWSA Community Support Services provide senior, peer led programs for older adults and their caregivers which encourages healthy aging, independence and quality of life. Services include education, programs and support for aging related concerns, injury prevention, and management of chronic conditions, healthy eating, physical activity and social engagement. Membership in the GWSA is not necessary to receive services, and fees are low or no cost. Front line service delivery is facilitated by trained, senior peer volunteers, who through their similar life experiences provide encouragement, support, empowerment and the skills for self-management.

**Total Allocation: \$142,000**

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## **Guelph-Wellington Women in Crisis**

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P.O. Box 1451  
Guelph, ON, N1H 6N9  
www.gwwomenincrisis.org

Tel: (519) 836-1110  
Fax: (519) 836-1979  
adminrec@gwwomenincrisis.org

### **Rural Woman's Support Program**

**Allocation: \$45,000**

RWSP provides confidential assistance to women and their children living in Wellington County who are or have been in abusive relationships, or who are survivors of childhood sexual abuse/incest, recent or past sexual assault, harassment and/or stalking. The services are free and interpreters are arranged when necessary.

### **Sexual Assault Centre**

**Allocation: \$27,223**

The Sexual Assault Centre offers individual and group counselling and support to women 16 years of age and older who have or are experiencing any form of sexual violence. Also offered is support to families, partners and friends of survivors of sexual assault or woman abuse. All services are free and interpreters are arranged when necessary.

☎ **Crisis Line: (519) 836-5710 OR (800) 265-7233**

**Total Allocation: \$72,223**

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## Headwaters Communities in Action

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246372 Hockley Road  
Mono, ON L9W 6K4  
www.headwaterscommunities.ca

Tel: (519) 940-3118  
action@headwaterscommunities.ca

### Community Wellbeing

**Allocation: \$38,000**

Grounded by the Canadian Index of Well-Being, the Community Well-Being program is described through the five pillars of a healthy community: Healthy People and Engaged Citizens; Resilient Community, Dynamic Economy; Sustainable Environment; Vibrant Culture. By hosting community conversations and encouraging citizens from different sectors and municipalities to work together to identify issues of shared concern, they help to coordinate effective responses to these issues. Projects are formed by linking identified priorities with champions, partners, stakeholders and funding opportunities in the Headwaters (Dufferin/Caledon) region. This is done by collecting feedback, informing and engaging concerned citizens.

**Total Allocation: \$38,000**

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## Hospice Wellington

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795 Scottsdale Drive  
Guelph, ON, N1G 3R8  
www.hospicewellington.org

Tel: (519) 836-3921  
Fax: (519) 836-2154  
help@hospicewellington.org

### Bereaved by Suicide

**Allocation: \$5,580**

Bereaved by Suicide is open to any person experiencing a death by suicide in Wellington County and Guelph, aged 21 years and older, and who is 3 months past the actual date of the death. This is an 8 week program, one time per week for 2 hours, with reunion date a month later. This program is important as it supports those people in the community that feel displaced in their grief. Mental health issues and self-care are addressed in this group, which are services not available in any other source in this community. Many people don't have the financial means to seek professional therapy. This is a free program.

### Grief & Bereavement

**Allocation: \$48,350**

The Grief & Bereavement Program allows people to connect as a group and share stories, building a village of attachment. The members of the community have mild to moderate grief experiences, and this promotes a community bond, avoids isolation and ensures participation in self-care skills and acknowledged community resources to increase resiliency.

**Wellness Program****Allocation: \$9,500**

The Wellness Program encompasses Gentle Yoga, Meditation and Massage, as well as a Chemotherapy Clinic at Guelph General Hospital. The program is open to any clients and families in Wellington County and Guelph, who are bereaved, a caregiver, or have a palliative diagnosis. These programs continue to be vital to the community in order to provide ways for self-care and mental well-being during a difficult and stressful time. They are offered free of charge to clients and family members, enabling all access to these services.

**Total Allocation: \$63,430**

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**Immigrant Services Guelph-Wellington**

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926 Paisley Road, Units 4 & 5  
Guelph, ON, N1K 1X5  
www.is-gw.ca

Tel: (519) 836-2222  
Fax: (519) 837-2884  
mailbox@is-gw.ca

**Mobilized, Engaged, Involved****Allocation: \$38,000**

The Mobilized, Engaged, Involved Program is based on fostering partnerships between newcomers/immigrants and established members of Guelph-Wellington Community. The program enables new Canadians to serve the community in various volunteer capacities by connecting them to existing volunteer opportunities. Information and support is provided to newcomers and also to organizations to enable mutual understanding and harmony in diversity. This contributes to developing a sense of belonging to the community and facilitates the integration and settlement process for newcomers and immigrants.

**Total Allocation: \$38,000**

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**John Howard Society of Waterloo-Wellington**

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85 Westmount Road  
Guelph, ON, N1H 5J2  
www.waterloo.johnhoward.on.ca

Tel: (519) 836-1501  
Fax: (519) 836-9944  
amyevans@waterloo.johnhoward.on.ca

**Anti-Bullying (Crime Prevention) Workshops****Allocation: \$6,000**

The primary program fosters development in social competency such as self-monitoring, appropriate problem solving, knowing when to seek help and recognizing passive, aggressive and assertive choices. The junior level program takes a more in-depth look at bullying situations and the players involved (the person who chooses to bully, the person who was targeted and the bystanders). Students discuss the decision that each individual could make and the ramifications of those choices. Social competencies are explored as they apply specifically to a

bullying situation (i.e. students are taught to be assertive through the use of a strategy specifically designed to combat bullying). A final session also introduces concepts of cyber safety/responsibility and cyberbullying. Each of the programs are completed within school classrooms throughout the scheduled school day.

**Community Aftercare**

**Allocation: \$15,908**

The Community Aftercare Program works with individuals who have offended/been incarcerated to help them meet immediate basic needs, create safety nets through connections to community resources and develop realistic plans to attain their pro-social goals in successfully living as contributing members in their community.

**Communicating Our Perspectives & Emotions (COPEs) Allocation: \$7,500**

C.O.P.E.S. Program (Communicating Our Perspectives and Emotions Successfully) is a school-based program for intermediate and secondary level students who are referred by school personnel. The COPEs curriculum uses real-life scenarios to assist youth in strengthening their assets and increasing their resiliency. The program is delivered in small group format over the course of multiple sessions. Content includes, but is not limited to, topics such as pro-social communication styles, perspective taking, understanding others, effectively working as part of a group, and emotions regulation. Incorporating social emotional learning concepts, participants continue to build their skills of self-awareness, self-management, social awareness, positive relationships, problem- solving and conflict resolution.

**Total Allocation: \$29,408**

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**Learning Disabilities Association Guelph-Wellington**

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#233-17A-218 Silvercreek Pkwy N.  
Guelph, ON, N1H 8E8

Tel: (519) 837-2050  
info@ldawc.ca

**Information, Referral & Support**

**Allocation: \$45,000**

The goal of LDA is to raise awareness and understanding of learning disabilities and their impact on learning, social skills and employment. This program improves the internal capacity of the agency so it can identify needs and appropriate solutions, all supported by evidence. The agency aims to support individuals with LDs and ADHD and their families.

**Total Allocation: \$45,000**

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## March of Dimes Canada

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291 King St., 3<sup>rd</sup> Floor  
London, ON, N6B 1R8  
www.marchofdimes.ca

Tel: (519) 642-3700 x7068  
Fax: (519) 432-4923  
dullman@marchofdimes.ca

### **Assistive Devices Program**

**Allocation: \$16,900**

This program provides adults with physical disabilities, greater independence by improving mobility, safety and community accessibility. The program facilitates this goal through the purchase and repair of mobility devices and home health care aids for persons with physical disabilities.

**Total Allocation: \$16,900**

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## Michael House Pregnancy Care Centre

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187 Bristol Street  
Guelph, ON, N1H 3M2  
www.michaelhouse.ca

Tel: (519) 766-7675  
Fax: (519) 766-7659  
office@michaelhouse.ca

### **Residential Program**

**Allocation: \$50,000**

The Residential Program addresses numerous needs in the community. There are a number of children being raised by young, single parents that are at risk for neglect or abuse. By addressing risk factors such as isolation, homelessness, mental health or addiction issues, and then providing parenting education, support and linking them to a community of network supports, the hope is to stop cycles of poverty and abuse. The goal is to keep families intact and reduce the number of children growing up in the Child Welfare system.

### **Supportive Housing**

**Allocation: \$10,000**

Supportive Housing Program was created to address the very urgent need to provide more stable housing for moms and children. The Michael House Supportive Housing Program offers accommodations below market rate, reducing the risk of homelessness. This program allows these young families to live independently and responsibly in their own units, yet benefit from continued access to the supports and services that Michael House offers. The new build has been specifically designed to foster a community atmosphere and lessen the sense of isolation young, single mothers living below the poverty line often experience.

**Total Allocation: \$60,000**

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## **Mood Disorders Support Group of Guelph**

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P.O. Box 873  
Guelph, ON, N1H 6M6  
www.mdsgg.com

Tel: (519) 766-4477  
Fax: (519) 766-7736  
info@mdsgg.ca

### **Mood Disorders Support Group**

**Allocation: \$8,500**

The Mood Disorders Support Group of Guelph is an all-inclusive, non-profit, self-help, peer support group for those challenged by a mental illness and the families and friends that support them. The purpose of the program is to work with community partners, to meet and share experiences in support of one another, to inform and educate themselves, mental health professionals and the public and to eliminate discrimination and social stigma surrounding mental illness and mood disorders.

**Total Allocation: \$8,500**

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## **Out of Poverty Society (Guelph) Inc.**

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40 Baker St.  
Guelph, ON, N1H 4G1

rosscandlish@gmail.com

### **Fresh Start**

**Allocation: \$10,000**

This program provides basic needs such as food and a space during the days for an at-risk community. In doing this, they build relationships and enhance access to health care, housing, the internet, government services, nutrition and education. They will continue to provide food, counselling and support services encouraging each client to reach their full potential.

### **Our Place Youth Supper Program**

**Allocation: \$23,000**

Individuals and families have access to a daily (5 days a week) nutritious dinner and dessert which reduces hunger and increases a feeling of security.

**Total Allocation: \$33,000**

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## **Rainbow Programmes for Children**

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304 Stone Road West, Suite 337  
Guelph, ON, N1G 4W4  
www.rainbowdaycamp.com

Tel: (519) 824-8498  
info@rainbowdaycamp.com

### **Rainbow Day Camp**

**Allocation: \$14,000**

Rainbow Programmes for Children offers Guelph and the surrounding area a summer recreational day camp experience for children and youth, providing quality

programs in a caring and open environment which embraces diversity and encourages personal growth, according to each individual's strengths, needs and abilities.

**Total Allocation: \$14,000**

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## **Shelldale Better Beginnings, Better Futures**

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20 Shelldale Crescent  
Guelph, ON, N1H 1C8

Tel: (519) 837-0387  
www.bbfguelph.ca

### **Building Our Community, One Youth at a Time**

**Allocation: \$47,500**

Shelldale School Age programs support vulnerable youth in the Onward Willow Community. They offer a daily Breakfast Club, Afterschool and Teen programs, Summer Camp, Leadership programs, with all programs including daily snacks.

**Total Allocation: \$47,500**

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## **St. John Ambulance – Fergus / Elora Branch**

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123 Metcalf Street North  
Elora, ON, N0B 1S0  
www.sja.ca

Tel: (519) 846-8704  
Fax: (519) 846-2553  
fergus@on.sja.ca

### **First Aid & Community Services**

**Allocation: \$5,000**

This program offers First Aid at community events and a Therapy Dog Program that provides friendship and companionship to individuals in long term care facilities and group homes.

**Total Allocation: \$5,000**

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## **St. John Ambulance – Guelph Branch**

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52 Victoria Road South  
Guelph, ON, N1E 5P6  
www.sja.ca

Tel: (519) 821-3400  
Fax: (519) 821-4223  
stjohnguelph@bellnet.ca

### **Brigade First Aid**

**Allocation: \$7,000**

The Brigade First Aid Program is a group of dedicated volunteers who travel to special events in and around Guelph to provide First Aid. They not only treat athletes who have injuries or medical emergencies, but also treat spectators. When someone is hurt it can be a frightening situation and having well-trained and supplied volunteers there to help and provide treatment is vital.

### **Therapy Dog Program**

**Allocation: \$2,000**

The Therapy Dog Program provides the therapeutic presence of a dog to residents in care facilities to help break down the barriers of loneliness, rejection and despair. The volunteer handler, along with their dog, makes a commitment of time to visit on a regular basis and provide the time needed for bonding to take place.

**Total Allocation: \$9,000**

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## **Student Life, University of Guelph**

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Student Life, University of Guelph  
158-50 Stone Road East  
Guelph, ON, N1G 2W1

Tel: (519) 824-4120 x52782  
Fax: (519) 824-2705  
www.studentlife.uoguelph.ca

### **Project Serve Day**

**Allocation: \$4,500**

Project Serve Guelph offers students the opportunity to spend a half-day volunteering with a community organization that they select, and to connect that experience in a tangible way to what they are learning as academics and as citizens. The event strives to equally benefit both the students and the community agencies.

**Total Allocation: \$4,500**

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## **Torchlight**

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2 Quebec Street  
Guelph, ON, N1E 2T3  
www.communitytorchlight.com

Tel: (519) 821-3761  
Fax: (519) 821-8190  
info@communitytorchlight.com

### **Distress Line Program**

**Allocation: \$85,000**

Torchlight provides a year-round 24/7 telephone listening/support service to people of all ages and all abilities who find themselves in distress, crisis and are experiencing other everyday circumstances and are reaching out for compassionate, confidential listening support. People can reach out by telephone, chat and text. TorchLight services are provided by volunteers (supported by Staff) who are highly trained in compassionate, active listening for people who find themselves in distress; youth at risk; people requiring temporary shelter resources; who are experiencing physical and/or verbal abuse; who are abusing drugs and/or alcohol; who are experiencing mental/physical health concerns; who are navigating interpersonal relationships; who require support with systems and services; who are in crisis and may be experiencing suicidal thoughts and behaviours and/or engaged in self-harming conduct. Highly trained and proficient volunteers respond to callers (with ongoing back-up) year-round with outstanding competence and commitment to those we serve.

➔ **Distress Line: (888) 821-3760**

**Total Allocation: \$85,00**



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## **United Way Guelph Wellington Dufferin**

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85 Westmount Road  
Guelph, ON, N1H 5J2  
www.unitedwayguelph.com

Tel: (519) 821-0571  
Fax: (519) 821-7847  
info@unitedwayguelph.com

### **Community Impact**

**Allocation: \$226,360**

United Way's community impact mission is to improve lives and build community by engaging individuals and mobilizing collective action. Community impact is about achieving meaningful, long-term improvements to quality of life in Guelph Wellington and Dufferin communities, by addressing not just the symptoms of problems but also the root causes. The staff work closely with local community groups – those that receive United Way funds and those that do not – to address the social service issues identified through research activities.

### **Student Volunteer Recognition Scholarships**

**Allocation: \$3,640**

United Way Guelph Wellington Dufferin recognizes high school graduates who have made significant volunteer contributions during their high school experience. An award is given annually to a graduating student from each Public and Catholic high school in Guelph, Wellington and Dufferin.

**Total Allocation: \$230,000**

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## **Victorian Order of Nurses Waterloo Wellington Dufferin**

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392 Main Street North, Unit 4  
Mount Forest, ON N0G 2L2  
www.von.ca

Tel: (519) 323-2330 OR (888) 506-6353  
Fax: (519) 323-9655  
michelle.martin@von.ca

### **Transportation Program**

**Allocation: \$10,000**

The Transportation Program provides affordable transportation for seniors and adults with disabilities who are unable to use regular transit services. Rides provided are for adult day programs, dialysis, medical and rehabilitation programs.

### **Volunteer Visiting**

**Allocation: \$16,450**

The Volunteer Visiting program provides one-on-one social support to seniors and adults with disabilities who are socially isolated, at risk or suffering from depression/anxiety and loneliness. Volunteers are matched with clients for a weekly visit based on common interests and backgrounds.

**Meals on Wheels Guelph/Wellington****Allocation: \$25,000**

The Meals on Wheels Program encourages seniors to have a hot, nutritious and affordable meal in the comfort of their own home. The hot meal is delivered by a volunteer who provides a friendly check that helps boost the social well-being by reducing some of the social isolation that seniors experience while aging in place.

**Total Allocation: \$51,450**

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**Volunteer Centre of Guelph/Wellington**

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46 Cork Street East, Unit #1

Tel: (519) 822-0912 OR (866) 693-3318

Guelph, ON, N1H 2W8

Fax: (519) 822-1389

www.volunteerguelphwellington.on.ca

info@volunteerguelphwellington.on.ca

**Community Information Guelph****Allocation: \$89,163**

The Community Information Guelph program connects individuals and organizations with programs and services related to social services, health, government, and other community supports.

**Volunteer Services****Allocation: \$75,000**

This program ensures that people in the community have a central location to help them find suitable and satisfying volunteer opportunities and that local non-profits and charities understand how to maximize the involvement of volunteers.

**Total Allocation: \$164,163**

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**Volunteer Dufferin**

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P.O. Box 13

Tel: (519) 941-6431

Orangeville, ON L9W 2Z5

Fax: (519) 942-8731

www.volunteerdufferin.ca

info@volunteerdufferin.ca

**Volunteer Dufferin****Allocation: \$3,000**

www.volunteerdufferin.ca is a one-stop central online hub that facilitates the promotion, recruitment and matching of volunteers and their skills to meaningful volunteer opportunities in Dufferin County.

**Total Allocation: \$3,000**

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## Welcome In Drop-In Centre

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23 Gordon Street  
Guelph, ON, N1H 4G9

Tel: (519) 837-0080  
Fax: (519) 837-2637  
dropinc@rogers.com

### Drop-In Centre

**Allocation: \$60,000**

This program assists homeless individuals and families to get shelter. A Support Worker supports these individuals/families to connect to resources in the community to help find housing and then stay housed. Support is also given to these individuals/families that need financial resources to get or stay housed and also supports the individuals in the Drop-In Centre community.

### The Housing Fund

**Allocation: \$24,000**

This program supports individuals and families financially in a very practical way, in order to stay housed or to get housed. These funds can range from helping with the payment of last month's rent, so that an individual or family can get into a housing situation. This fund can be used towards any unexpected cost that an individual has (i.e.. medical, food, start of employment costs) that need to be paid so that their rent continues to be paid and the individual/family remains housed.

### Shelter Program

**Allocation: \$6,000**

The Shelter Program provides two shelter programs for individuals and families that are homeless, one site for homeless men and one site for homeless women and their children. The program also provides nutritious food, positively impacting the health of homeless individuals.

**Total Allocation: \$90,000**

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## Wellington County Learning Centre

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179 George Street  
Arthur, ON, N0G 1A0  
www.thewclc.ca

Tel: (519) 848-3462 OR (888) 368-7889  
Fax: (519) 848-9354  
literacy@thewclc.ca

### Just for YOUth Program

**Allocation: \$25,000**

The FREE Just for YOUth Program helps children, youth and young adults, who are struggling in school, improve their academic and essential skills for employment, further education and training. This is a one of a kind program offered in Wellington County.

**Bridges Out of Poverty: Circles****Allocation: \$19,500**

The Circles Program uses the power of relationships and a caring community to help people out of poverty. It is an 18-month strategy designed to promote self-sustainability and provides emotional and practical support to help address barriers that are keeping people in poverty.

**Total Allocation: \$44,500**

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**Wyndham House**

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26 Douglas Street  
Guelph, ON, N1H 2S9  
www.wyndhamhouse.org

Tel: (519) 822-4400  
Fax: (519) 822-9613  
info@wyndhamhouse.org

**Youth Resource Centre****Allocation: \$101,000**

The Youth Resource Centre offers youth a safe and welcoming space where they can have a hot meal, make a phone call, get an emergency food hamper, or talk one to one with a housing support staff to begin the process of moving towards stability. It is a place where they can find comfort in a crisis or an ally to help navigate the sometimes complex world of the social services system.

**Transitional Housing Program****Allocation: \$99,666**

Our two long-term transitional homes provide 16 beds aimed at providing a stable, supportive, longer term housing option for youth so they can focus their attention on working towards their academic goals.

**Total Allocation: \$200,666**

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**YMCA/YWCA of Guelph**

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130 Woodland Glen Drive  
Guelph, ON N1G 4M3  
www.guelphy.org

Tel: (519) 824-5150 X252  
Fax: (519) 821-6735  
contact@guelphy.org

**Teenage Parents Program (TAPPS)****Allocation: \$36,100**

The Teenage Parent Program (TAPPS) is a free drop in program for pregnant and parenting youth aged 14-21 years old. The weekly program meets 3 times a week and features workshops and presentations focusing on a variety of subjects relating to parenting, health and wellbeing. The most important part of TAPPS is the opportunity it provides young parents to connect and belong. They build friendships and social support networks with other young families.

**Total Allocation: \$36,100**

# Index of Agencies & Programs by Focus Area

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## From Poverty to Possibility

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- Programs funded in this category – 19
- United Way investment in this category – \$749,615

### **Action Read Community Literacy Centre**

- Educational Program for Disadvantaged Adults

### **Centre Wellington Food Bank**

- Healthy Fresh Food

### **Chalmers Community Services Centre**

- Food Pantry

### **Community Resource Centre of North and Centre Wellington**

- Outreach & Support Program, Information & Referral Service

### **East Wellington Community Services**

- Food Bank

### **Family Counselling & Support Services for Guelph Wellington**

- Financial Health & Literacy Services

### **Guelph Community Health Centre**

- Garden Fresh Box

### **Guelph & Wellington Task Force for Poverty Elimination**

- PTF Program

### **Michael House Pregnancy Care Centre**

- Residential Program
- Supportive Housing

### **Out of Poverty Society (Guelph) Inc.**

- Our Place Youth Supper Program
- Fresh Start

### **Victorian Order of Nurses Waterloo Wellington Dufferin**

- Meals on Wheels Guelph Wellington

### **Welcome In Drop-In Centre**

- Drop-In Centre
- Last Month's Rent Trust Fund
- Stepping Stone Emergency Shelter

## **Wellington County Learning Centre**

- Bridges Out of Poverty: Circles

## **Wyndham House**

- Transitional Housing Program
- Youth Resource Centre

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## **Strong Communities**

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- Programs funded in this category – 44
- United Way investment in this category – \$1,458,976

## **Alzheimer Society Guelph-Wellington**

- Rural Outreach Services

## **ARCH: HIV/AIDS Resources and Community Health**

- Support Program for People Living with HIV/AIDS

## **Breaststrokes**

- Breaststrokes Dragon Boat Team

## **Canadian Hearing Society**

- Hearing Care Counselling Program
- Information Services & Community Development

## **Canadian Mental Health Association Waterloo Wellington Dufferin**

- Mental Health Promotion & Education Services
- Spark of Brilliance

## **Canadian National Institute for the Blind (CNIB)**

- Vision Rehabilitation Services
- Volunteer Services
- Library Services

## **Canadian Red Cross Society–Guelph/Wellington Branch**

- Healthcare Equipment Loan Program (HELP)

## **Dunara Homes for Recovery Inc.**

- Wellington Guelph Hoarding Response

## **East Wellington Community Services**

- Client Services
- Community Outreach
- Volunteer Development

## **Family & Children's Services of Guelph and Wellington County**

- Nurturing Neighbourhoods

## **Family Counselling & Support Services**

- Subsidized Counselling Program

## **Guelph & District Multicultural Festival Inc.**

- Community Engagement

## **Guelph Enabling Garden**

- Volunteer Co-ordinator

## **Guelph Independent Living**

- Community Inclusion

## **Guelph Neighbourhood Support Coalition**

- Neighbourhood Wellbeing & Resiliency

## **Guelph Wellington Seniors Association**

- Community Support Services

## **Guelph-Wellington Women in Crisis**

- Rural Women's Support Program
- Sexual Assault Centre

## **Headwaters Communities in Action**

- Community Wellbeing

## **Hospice Wellington**

- Bereaved by Suicide
- Grief & Bereavement
- Wellness Program

## **Immigrant Services Guelph-Wellington**

- Mobilized, Engaged, Involved

## **John Howard Society of Waterloo-Wellington**

- Community Aftercare

## **March of Dimes Canada**

- Assistive Devices Program

## **Mood Disorders Support Group of Guelph**

- Mood Disorders Support Group

## **St. John Ambulance – Fergus/Elora Branch**

- First Aid & Community Services

## **St. John Ambulance – Guelph Branch**

- First Aid Program
- Therapy Dog Program

## **Student Life, University of Guelph**

- Project Serve Day

## **Torchlight**

- Distress Line Program

## **United Way Guelph Wellington Dufferin**

- Community Impact

## **Victorian Order of Nurses Waterloo Wellington Dufferin**

- Client Subsidy Transportation Program
- Volunteer Visiting

## **Volunteer Centre of Guelph/Wellington**

- Community Information Guelph
- Volunteer Centre Services

## **Volunteer Dufferin**

- Volunteer Dufferin

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## **All That Kids Can Be**

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- ➡ Programs funded in this category – 29
- ➡ United Way investment in this category – \$533,849

## **Action Read Community Literacy Centre**

- Early Start Family Literacy

## **Autism Ontario – Wellington Chapter**

- Summer Funding

## **Big Brothers Big Sisters of Centre Wellington**

- Match Program

## **Big Brothers Big Sisters of Dufferin & District**

- Match Program
- In-School Mentoring Program

## **Big Brothers Big Sisters of Guelph**

- Big Bunch Group Program
- Adult In-School Mentoring Program
- Match Program
- Go Girls, Go Guys and Pre-teen Program

## **Big Brothers Big Sisters of North Wellington**

- Go Girls and Game On
- In-School Mentoring Program
- Match Program

## **Canadian Mental Health Association Waterloo Wellington Dufferin**

- Youth Talk



## **Canadian National Institute for the Blind (CNIB)**

- Child & Youth Services

## **Canadian Red Cross Society – Guelph/Wellington Branch**

- Respect Education

## **Child Witness Centre**

- Child Witness Program

## **Community of Hearts**

- Lifelong Learning

## **Dufferin Child and Family Services**

- LGBT Social & Support Group

## **Dufferin Parent Support Network**

- Group Parenting Education

## **Give Yourself Credit**

- Give Yourself Credit Program

## **Guelph & District Multicultural Festival Inc.**

- One World Living Together Poster & Writing Projects

## **John Howard Society of Waterloo-Wellington**

- Anti-Bullying (Crime Prevention) Workshops
- Communicating Our Perspectives & Emotions (COPEs)

## **Learning Disabilities Association Guelph Wellington**

- Information, Referral & Support Program

## **Rainbow Programmes for Children**

- Rainbow Day Camp

## **Shelldale Better Beginnings, Better Futures**

- Building Our Community, One Youth at a Time

## **United Way Guelph Wellington Dufferin**

- Student Volunteer Recognition Scholarships

## **Wellington County Learning Centre**

- Just for YOUth Program

## **YMCA/YWCA of Guelph**

- Teenage Parents Program (TAPPs)

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United Way may issue emergency funding to social service agencies in Guelph, Wellington County and Dufferin County should urgent needs arise.

# Index of Agencies & Programs by Geography

*The following information is taken from service areas indicated to United Way by each agency.*

Agency	Program	Areas Served		
		Guelph	Wellington	Dufferin
Action Read Community Literacy Centre	Early Start Family Literacy	✓		
	Educational Program for Disadvantaged Adults	✓		
Alzheimer Society Waterloo-Wellington	Rural Outreach Services	✓	✓	
ARCH: HIV/AIDS Resources & Community Health	Support Program for People Living with HIV/AIDS	✓	✓	
Autism Ontario – Wellington Chapter	Summer Funding	✓	✓	
Big Brothers Big Sisters of Centre Wellington	Match Program		✓	
Big Brothers Big Sisters of Dufferin & District	Match Program			✓
	In-School Mentoring			✓
Big Brothers Big Sisters of Guelph	Big Bunch Group Program	✓		
	Adult In-School Mentoring Program	✓	✓	
	Match Program	✓	✓	
	School-based Group Programs	✓	✓	
Big Brothers Big Sisters of North Wellington	Go Girls and Game On		✓	
	In-School Mentoring		✓	
	Match Program		✓	
BreastStrokes	Dragon Boat Team	✓	✓	
Canadian Hearing Society	Hearing Care Counselling Program	✓	✓	✓
	Information Services & Community Development	✓	✓	✓
Canadian Mental Health Association Waterloo Wellington Dufferin	Mental Health Promotion & Education Services	✓	✓	✓
	Spark of Brilliance	✓	✓	✓
	Youth Talk	✓	✓	✓
Canadian National Institute of the Blind	Child and Youth Services	✓	✓	✓
	Library Services	✓	✓	✓
	Vision Rehab Services	✓	✓	✓

Agency	Program	Areas Served		
		Guelph	Wellington	Dufferin
	Volunteer Services	✓	✓	✓
Canadian Red Cross - Guelph/Wellington Branch	Respect Education	✓	✓	
	Healthcare Equipment Loan Program (HELP)	✓	✓	
Centre Wellington Food Bank	Healthy Fresh Food	✓	✓	
Chalmers Community Services Centre	Food Pantry	✓		
Child Witness Centre	Child Witness Program	✓	✓	
Community of Hearts	Lifelong Learning	✓		
Community Resource Centre of North and Centre Wellington	Outreach and Support Program, Information & Referral Services		✓	
Dufferin Child and Family Services	LGBT Social & Support Group			✓
Dufferin Parent Support Network	Group Parenting Education			✓
Dunara Homes for Recovery Inc.	Wellington Guelph Hoarding Response	✓	✓	
East Wellington Community Services	Client Services		✓	
	Community Outreach		✓	
	Volunteer Development		✓	
	Food Bank		✓	
Family and Children's Services of Guelph and Wellington County	Nurturing Neighbourhoods	✓	✓	
Family Counselling and Support Services for Guelph Wellington	Financial Health & Literacy Services	✓	✓	
	Subsidized Counselling Program	✓	✓	
Give Yourself Credit	Give Yourself Credit Program	✓	✓	
Guelph Community Health Centre	Garden Fresh Box	✓		
Guelph & District Multicultural Festival Inc.	Volunteer & Community Engagement	✓	✓	
	One World Living Together Project	✓	✓	
Guelph & Wellington Task Force for Poverty Elimination	PTF Program	✓	✓	
Guelph Enabling Garden	Volunteer Co-ordinator	✓	✓	
Guelph Independent Living	Community Inclusion	✓		

Agency	Program	Areas Served		
		Guelph	Wellington	Dufferin
Guelph Neighbourhood Support Coalition	Neighbourhood Wellbeing & Resiliency	✓		
Guelph Wellington Seniors Association	Community Support Services	✓	✓	
Guelph-Wellington Women in Crisis	Rural Woman's Support Program	✓	✓	
	Sexual Assault Centre	✓	✓	
Headwaters Communities in Action	Community Wellbeing			✓
Hospice Wellington	Bereaved by Suicide	✓	✓	
	Grief & Bereavement	✓	✓	
	Wellness Program	✓	✓	
Immigrant Services Guelph-Wellington	Mobilized, Engaged, Involved	✓	✓	
John Howard Society of Waterloo-Wellington	Anti-Bullying Workshops	✓	✓	
	Communicating Our Perspectives and Emotions (COPEs)	✓	✓	
	Community Aftercare	✓	✓	
Learning Disabilities Association Guelph Wellington	Information, Referral & Support Program	✓	✓	
March of Dimes	Assistive Devices Program	✓	✓	✓
Michael House Pregnancy Care Centre	Residential Program	✓	✓	
	Supportive Housing	✓	✓	
Mood Disorders Support Group of Guelph	Mood Disorders Support Group	✓	✓	
Out of Poverty Society (Guelph) Inc.	Our Place Youth Supper Program	✓		
	Fresh Start	✓		
Rainbow Programmes for Children	Rainbow Day Camp	✓	✓	
Shelldale Better Beginnings, Better Futures	Building Our Community, One Youth at a Time	✓		
St. John Ambulance - Fergus/Elora Branch	First Aid & Community Services		✓	
St. John Ambulance - Guelph Branch	Brigade First Aid	✓		
	Therapy Dog Program	✓		
Student Life, University of Guelph	Project Serve Day	✓		
Torchlight	Distress Line Program	✓	✓	✓

United Way Guelph Wellington Dufferin	Community Impact	✓	✓	✓
	Student Volunteer Recognition Scholarships	✓	✓	
Victorian Order of Nurses Waterloo Wellington Dufferin	Transportation Program	✓	✓	
	Meals on Wheels – Guelph/Wellington	✓		
	Volunteer Visiting	✓	✓	
Volunteer Centre of Guelph/Wellington	Community Information Guelph	✓	✓	
	Volunteer Services	✓	✓	
Volunteer Dufferin	Volunteer Dufferin			✓
Welcome In Drop-In Centre	Drop-In Centre	✓	✓	
	Shelter Program	✓	✓	
	The Housing Fund	✓	✓	
Wellington County Learning Centre	Just for YOUth Program		✓	
	Bridges Out of Poverty: Circles		✓	
Wyndham House	Transitional Housing Program	✓	✓	
	Youth Resource Centre	✓	✓	
YMCA/YWCA of Guelph	Teenage Parents Program (TAPPS)	✓	✓	



For more information about the programs receiving funding from United Way Guelph Wellington Dufferin, visit our website at **[unitedwayguelph.com](https://unitedwayguelph.com)**. You'll find videos and stories about how the programs we fund are helping people in our community.

**United Way. Change starts here.**



**United Way**  
Guelph Wellington  
Dufferin

85 Westmount Rd., Guelph, ON N1H 5J2

T: 519-821-0571

E: [info@unitedwayguelph.com](mailto:info@unitedwayguelph.com)

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